

Claims

- [c1] 1. An exercise device for use in assisting a person to stretch a targeted tissue in the body, comprising:
- a) a flexible, inelastic strap having a first end, and a second end, and having a fixed loop formed at the first end;
 - b) a connector assembly comprising:
 - i) a movable member configured for positioning along the length of the strap, and
 - ii) a fixed member that is attached to the second end of the strap, wherein connector has a connected configuration wherein the movable member and the fixed member are releasably connected, thereby forming a second loop proximate the second end of the strap, and a disconnected configuration wherein the movable member and the fixed member are not connected.
- [c2] 2. The device according to Claim 1 wherein the total length from the first end to the second end is about 8 feet to about 12 feet.
- [c3] 3. The device according to Claim 2 wherein the total length from the first end to the second end is about 10 feet.

- [c4] 4. The device according to Claim 1 wherein the width of the strap is at least about 1.5 inches, and up to about 4 inches.
- [c5] 5. The device according to Claim 4 wherein the width of the strap is at least about 2 inches.
- [c6] 6. The device according to Claim 2 wherein the fixed loop has a circumference of about 14 inches to about 18 inches.
- [c7] 7. The device according to Claim 2 wherein the fixed loop has a circumference of about 16 inches.
- [c8] 8. The device according to Claim 1 wherein the connector is a snap buckle.
- [c9] 9. A kit for use in assisting a person to stretch a targeted tissue in the body, comprising:
 - a) an exercise device according to Claim 1;
 - b) instructions that inform a user of the proper use of the device to stretch a targeted tissue in the body; and
 - c) a means for securing the device and the instructions.
- [c10] 10. The kit according to Claim 7 wherein the instructions are selected from the group consisting of written instructions, pictorial instructions, audio instructions, video instructions, and mixtures thereof.

[c11] 11. The kit according to Claim 7 wherein the securement means comprises a thermoplastic package containing the device and the instructions.

[c12] 12. The kit according to Claim 9 wherein the instructions inform the user of a plurality of proper uses of the device, to stretch a corresponding plurality of targeted tissues in the body.